



At present, many countries in the Eastern Mediterranean Region have developed action plans and started implementing activities to address mental health and psychosocial support as part of their national response to the #COVID19 pandemic. We will regularly share experiences from countries in the Region to keep you updated on what is happening on-the-ground to support people's mental health and wellbeing during this pandemic.

#### Islamic Republic of Iran

In its national response plan for the #COVID19 pandemic, the Islamic Republic of Iran has incorporated a component on the provision of mental health and psychosocial support services.

Currently, the Islamic Republic of Iran has three helplines to provide information about frequently asked questions on the #COVID19 pandemic.

It also has two helplines for mental health and psychosocial support services manned by 450 trained clinical psychologists providing counselling, as well as answers to other questions as needed.

The Islamic Republic of Iran is also in the process of developing national guidelines on the prevention of stress, anxiety and phobia related to #COVID19 in different groups, including the general population, healthcare workers, families of #COVID19 patients, children and other groups.

It is also in the process of establishing regional call centers to provide psychological first aid and distant counselling to the public.

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